

Volunteer Ministry team highlight: Meditation Garden = our own sanctuary

There's a very special place of peace and serenity in a quiet corner of the UEL grounds - our Meditation Garden.

Thanks to a team of green thumbs and committed workers, this space is an oasis for meditation, prayer and contemplation. The team, led by Jan Dommer (Chief Motivator), includes Donna Miller (gardening guru), Pat Mitchum and Collette Mattingly.

The Meditation Garden was built a few years ago by Tracy Adam's husband Tim, and their son (his Eagle Scout project). Over the years, some nasty termites invaded the "treated" lumber. So, in late spring, Tim took the planting beds apart and purchased new logs. Tim, Tracy and daughter Lily rebuilt the structures several weeks ago.



Top row: Pat Mitchum and Tim Adams; bottom row: Donna Miller, Jan Dommer, Lily Adams and Tracy Adams.



The metal arch entry to the garden was donated by Jan Dommer and then assembled by Pat Mitchum. Several plants have been donated,

including the flowering vines. Colette Mattingly is in charge of weeding to remove the unwelcome plants.



If you'd like to contribute to this ongoing project, please see Jan Dommer or Donna Miller. Mulch is needed, as are some herbs to discourage hungry garden invaders.

"Thank You" to everyone who helps make this Meditation Garden such a wonderful, peaceful space at UEL!

Volunteer profile:

She IS Love in action!

After an extensive search for a meaningful spiritual path that was made clear by the writings of Catherine Ponder, Barbara Mudica was guided to Unity of Louisville in 1971. She migrated to (then) Unity of Middletown (now East Louisville) in the early 2000s and has been an integral part of our church ever since.

A Louisville native, Barbara was part of a loving family that included her parents (both teachers), a dear sister, two sets of devoted grandparents and a lot of aunts, uncles and cousins. Barbara now enjoys visiting with her four "amazing" children, 12 grandchildren (aged 2 to 35 years old). (Her second husband died in 2004.)

Barbara graduated from Atherton High School and then from Murray State College, in association with Owensboro-Davies County Hospital. She then spent 30 years as a nurse, 22 of which were with the American Red Cross in four different states. She retired in 2000.

Since retiring, she has volunteered with the American Red Cross, the Worthington Fire Department Auxiliary and Eastern Area Community Ministries. Barbara is very active at UEL, serving as the Heart & Hands Ministry team co-coordinator (with Tracy Adams) and as a member of the Advisory Council. She also enjoys music, art, traveling and learning new things.

Barbara says that *The Power of Positive Thinking* by Norman Vincent Peale, Catherine Ponder's books and the writings of Charles and Myrtle Fillmore have had the greatest impact on her life.



She thinks we'd be surprised to know that, in 1976 she wrote a letter to the Maytag Company that resulted in her family being chosen as a "Maytag Family" and featured in three different magazines - for which they received \$750. That was quite a big deal for a family living in a small town in Michigan.

Barbara says, "I am forever grateful for Unity! In the 47 years I've been able to live these principles, I have seen many miracles and demonstrations. I cannot imagine my life without Unity in some form - our church, the *Daily Word*, publications and classes."

We are so very blessed to have you as a shining, living example of LOVE in action!!

Girls just wanna have fun...

Church Ladies Luncheon



Join the gals of UEL for lunch
Tuesday, August 21

12:00 noon

Verbenas

Meeting Street in
Norton Commons

This fun activity gives us a chance to get to know the gals we greet each Sunday and to make new Unity friends! Unpleasant heat and humidity kept our July gathering inside at Selena's - no delightful patio that day.

Verbenas has a variety of salads, sandwiches and entrees on the lunch menu.

If you'd like to join us, please sign up at church, or email Elaine at elainecw27@gmail.com.

New classes scheduled

Metaphysical Interpretation of the Hebrew Scriptures

Tuesdays, August 14 - September 11

6:30 - 8:00 pm

Facilitator: Rev. Val Mansfield

Discerning Your Purpose

Saturdays, August 18 and 25

10:00 am - 3:00 pm

Facilitator: Rev. Val Mansfield

Self Awareness

Saturday October 13 & 20

10:30 am to 3:30 pm

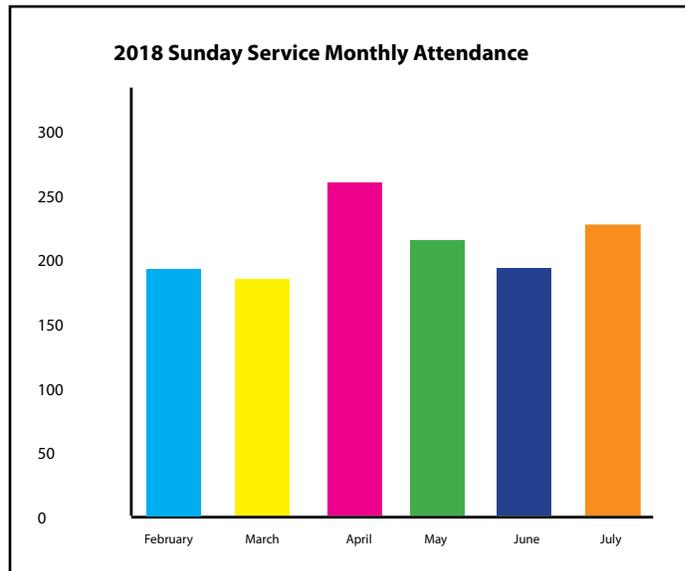
Facilitator: Rev. Val Mansfield

S.E.E credit is available for each class. (\$45 per class credit registration fee)

Sign-up sheets in sanctuary. See Kathy Schmidlin for details.

Council report

- Our next Congregational Meeting is scheduled for **Sunday, September 30**, directly after the service.
- Bids are being accepted for a replacement sump pump.
- Bids are being accepted for outdoor security lighting.
- Trimming of dead wood was completed on 3 large trees (\$1100).
- Rain garden located near the Ward Avenue and Old Harrods Creek Road intersection has been weeded by our lawn care service (\$100).
- We are accepting bids on a landscaping package, which will determine whether we can afford further weeding in the future.
- By-Laws changes were recommended by attorney and UEL member Bob Fletcher. Council will review these at our next meeting.
- Workshops have been planned for the following Sundays: August 26, October 14, and November 18. A postcard mailing with content and other information has been proposed.
- Our building passed the Fire Marshall's inspection after some minor repairs (\$230).
- Unity of East Louisville is joining the Middletown Chamber of Commerce to increase our exposure to the community (\$100).



A Council member spoke with Hite Elementary School about sponsoring their "Kindness Club." Also, we'd like to help them by providing some warm clothing for their Resource Center. As we support local programs, we will increase awareness of our presence.

• 30 cute, colorful children's backpacks were purchased by our church to donate to the Eastern Area Community Ministries Back-to-School program.

• A lease is being prepared for July - December, 2018, for use of our building on Sunday evenings by Louisville Center for Spiritual Living.

• We have discussed having repairs done to the keyboard, which is owned by Pete Peterson. It will need repairs eventually, but for now he agreed that these can wait.

• Information is being gathered from Gilda's Club to determine the best way to make a donation or otherwise support them.

Speaker calendar

As we continue the process of recruiting our new "right and perfect" dynamic minister, we are blessed to have a variety of guest speakers.

Date	Speaker	Inspirational Music
August 5	Rev. Gwen Moser	Shannon Modrell Pete Peterson
August 12	LaVena Wilkin	Don Watson
August 19	Sandra Higgins-Smith	Troubadours of Divine Bliss, Pete Petersen
August 26	Rev. Kelly Isola	Don Watson
September 2	Rev. Valerie Mansfield	
September 9	Ginny First	
September 16	John Gage	
September 23	Rev. Carolyn Harvill	
September 30	Brent Uzzell	

Spirit is a monthly publication of Unity of East Louisville.

For questions or to provide information, please contact Elaine Wood at elainew27@gmail.com



Get Acquainted Potlucks



Those of us who gathered at the home of Linda Caso the evening of Friday, June 20 were treated to fabulous BBQ ribs and chicken, baked beans, yummy salads and lemon angel food cake. A bad storm added to the excitement. Thankfully, no hail or fallen tree limb damage marred the evening.

How it works

The potlucks are held one Friday and Saturday each month. A host/home is needed for each potluck. The host is asked to provide an entree and beverages. The guests bring the veggies, salads, desserts, etc. (In the winter, soup and salad become a favorite format.)

Hosts stipulate the number of guests that can be accommodated - a small group of eight or ten people that can comfortably sit around the dining room table or perhaps a larger group can be seated outside on a patio. It's up to the hosts.

(We ask that a host stipulate whether or not cats or dogs are part of the family for those who may have allergies.) Once the hosts are confirmed, **Guest Sign-up sheets** will be in the sanctuary. The hosts will contact their guests to finalize the menu, provide directions and other details.



That's it. Hopefully, this fun activity will grow so that we have several groups each month. If you have questions, see Elaine Wood.

We're now scheduling September. (No one offered to host in August.)

Thank you, Linda, for a delicious, delightful evening!

Don't forget the Sunday Morning Search Class

9:15 am.

They are currently discussing the book *Practical Metaphysics: A New Insight in Truth* - taken from the lectures of Unity Minister Eric Butterworth.

For questions, contact Kathy Schmidlin (502.551.2783) or Margie Logsdon (502.439.6205).

EASY, painless ways to donate to UEL !

Many retailers have made it very easy to support your favorite organizations while you shop!

1. Amazon Smile

Everyone's favorite shopping mecca has an "alter ego" - Amazon Smile. Same merchandise, same prices, same service. Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice. Visit smile.amazon.com to sign up. Be sure to use AmazonSmile when you shop - not your Amazon account regular login.

Link for facebook: <https://www.facebook.com/sharer/sharer.php?u=https://smile.amazon.com/ch/61-1454225>

2. Go Krogering!

We all have Kroger Plus cards. Don't forget to designate UEL as your beneficiary of the Kroger Community Rewards program. Visit <https://www.kroger.com/account/enroll-CommunityRewardsNow> to enroll.

If you have questions or need help, see Tina Davis in the church office.

\$50 Credit when you sign up with a neighbor!

**TIGER STRIPES
LAWNCARE**

Summer Cleaning Season Is Here!

Pressure Washing
Deck and Fence Staining
Driveway Sealing
Patio Sealing

Call us today! Deals this good don't last forever!

(502)882-7072
Tigerstripeslawncare.com